



**Belong To LGBTQ+**  
Youth Ireland

# **JUNIOR CYCLE HOME ECONOMICS**



## **Rationale**

The central focus of home economics as a field of study is achieving optimal, healthy and sustainable living for individuals, families and society. Individuals and families in every society are continually faced with new and emergent issues that can impact on their well-being. Such issues include concerns relating to food, nutrition, diet and health; family and social concerns; consumer issues; sustainability in the home; responsible family resource management; and textiles and clothing. In home economics, students learn how to address these practical, real-world, perennial problems of individuals, families, households and society in socially responsible ways.

Practical perennial problems or concerns are endured from generation to generation by families and require critical decision-making skills to resolve them. Home economics education uses a systems approach to empower individuals and families with the knowledge and skills to address these real-life concerns of everyday living. Home economics draws on diverse disciplines integrating social, physical and human sciences. It strives to solve everyday challenges using a blend of knowledge and skills acquired from multiple disciplines.

Home economics education develops students' essential life skills and personal independence. It supports the development of students who are critical, creative thinkers and encourages students to be problem-solvers capable of making ethically and socially responsible decisions.

## Aim

Home economics aims to develop students' knowledge, attitudes, understanding, skills and values to achieve optimal, healthy and sustainable living for every person as an individual, and as a member of families and society. Students develop practical food and health literacy skills so that they are enabled to adopt a healthy lifestyle and make informed decisions that positively impact their health and well-being as individuals as well as within their families and society.

Home economics nurtures students' resourcefulness, innovation, adaptability, and competency as consumers. It develops students' creative design and textile skills. Home economics develops students who are environmentally conscious and dedicated to a sustainable and responsible way of life.

## Structure

Junior cycle Home Economics is organized into three interconnected strands which share three cross-cutting strand elements:

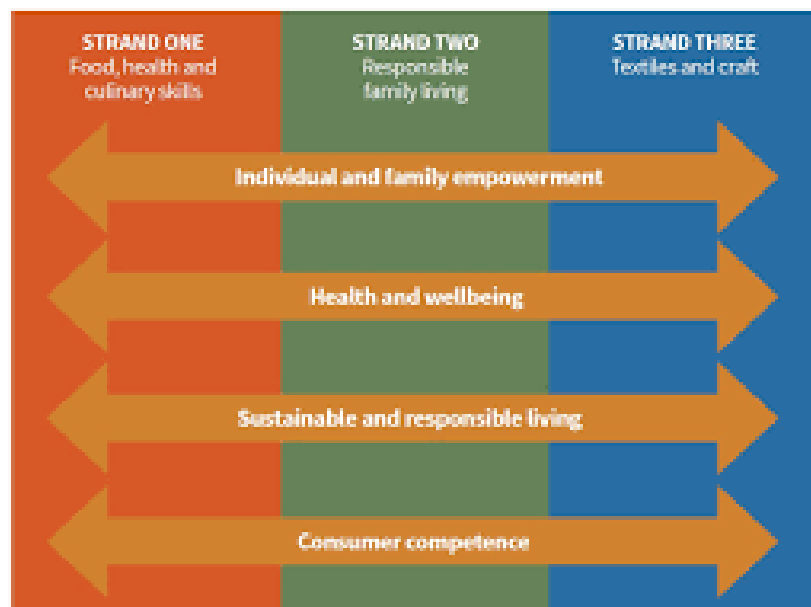


Figure 1: junior cycle Home Economics strands and elements

There is potential for teachers to include LGBTQ+ content and perspectives into their teaching and assessment of learning outcomes in junior cycle Home Economics.

Sample learning outcomes with scope for inclusion of LGBTQ+ content and perspectives include:

### **Strand one: Food, health, and culinary skills**

#### ***ELEMENT: Health and wellbeing***

1.8 Discuss the elements of a healthy lifestyle

### **Strand two: Responsible family living**

#### ***ELEMENT: Individual and family empowerment***

2.1 Discuss the different forms of the family

2.2 Explore the roles and responsibilities of the family

2.3 Discuss family relationships and the importance of strengthening relationships between individuals and families

#### ***ELEMENT: Health and wellbeing***

2.4 Discuss the requirements of a safe and nurturing home environment

2.5 Assess the importance of making informed and responsible decisions in everyday life

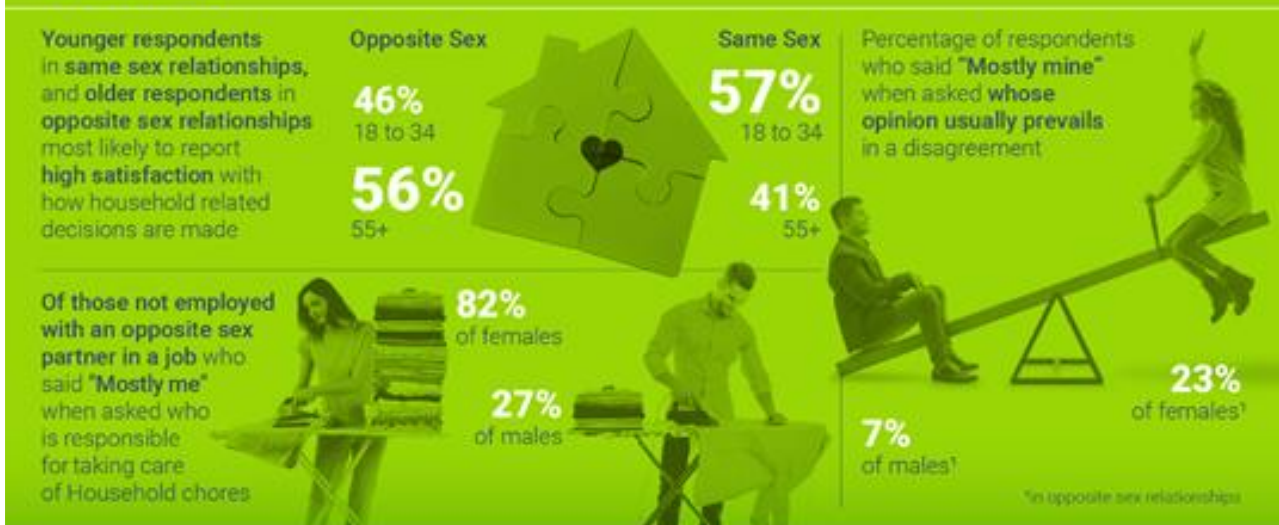
#### ***ELEMENT: Consumer competence***

2.13 Apply financial literacy skills in the preparation and evaluation of a budget for independent living

## **Ideas for Teaching and Learning**

### **Facilitate your students to:**

- Engage with representations of a diversity of families, including those with same-sex parents and/or with children who identify as LGBTQ+
- Discuss ways of supporting family members and friends who identify as LGBTQ+
- Consider Central Statistics Office (CSO) Pulse Survey data (next page) on the division of domestic chores according to gender, and family type
- Prepare budgets for a diversity of people, including those who identify as LGBTQ+





**Belong To LGBTQ+**  
Youth Ireland

**Belong To is a national organisation supporting LGBTQ+ youth.**

Since 2003, we have worked with LGBTQ+ young people across Ireland offering safety and support through our services. Let your students and youth groups know about Belong To and what supports are available for them including LGBTQ+ youth groups, crisis counselling with Pieta and digital support services.

For educators, we offer online training, support and initiatives such as the LGBTQ+ Quality Mark. For youth workers, we support a National Network of LGBTQ+ youth groups and run the Rainbow Award – an action-focused accreditation programme that supports a whole-organisation approach to safe and supportive services for LGBTQ+ youth.

**Learn more at [www.belongto.org](http://www.belongto.org)**



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